

Cooking with Canned Beef Stew



Canned beef stew is cooked and ready to eat. Each 24-ounce can makes three 1-cup servings. Beef stew is made from beef, carrots and potatoes.

This food is a good source of vitamin A, protein and iron. For a tasty meal, serve it over rice or noodles along with a side dish such as green beans.

How to store it

Store unopened cans of beef stew at room temperature. Use it within 1 year of receiving it for best taste.

After a can is opened, store leftover stew in a covered dish in the refrigerator. Use it within 3 to 4 days.

Beef Pot Pie (makes about 3 servings, 1 cup each)

What you need

24-ounce can beef stew
1 can of biscuits (5 count)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Place the contents of the canned beef stew in a small casserole dish.
3. Top the beef stew with the uncooked biscuits.
4. Bake at 350 degrees F until the biscuits are lightly browned and the stew is bubbling.

Shepherd's Pie (makes about 3 servings, 1 cup each)

What you need

24-ounce can beef stew
2 cups mashed potatoes

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Place the contents of the can of beef stew in a small casserole dish.
3. Top the stew with the mashed potatoes.
4. Bake at 350 degrees F until the mashed potatoes are lightly browned and the stew is bubbling.

Adopted from *Commodity Fact Sheet for USDA Household Programs: Canned Beef Stew*
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